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***American Journal of Nursing* 2012 Book of the Year in the Category of Professional Development
Awarded to “The Wisdom of the Whole: Coaching for Joy, Health, and Success”
by Linda Bark, PhD, RN, MCC, NC-BC**

ALAMEDA, CA –Bark Coaching Institute’s course companion, “The Wisdom of the Whole: Coaching for Joy, Health, and Success,” has been recognized as one of the most valuable nursing texts—a panel of nurse experts judged it to be a 2012 AJN Book of the Year in the Professional Development and Issues category. Written by Linda Bark, PhD, RN, MCC (ICF), NC-BC (AHNCC), it is the foundation for the Bark Coaching Institute model, which is a holistic and integral approach to professional coaching. The book also incorporates contributions from 38 of Dr. Bark’s colleagues from a variety of disciplines, who describe applications of the model in nursing, dentistry, leadership, equine training and more.

In recent years, the role of “coach” has become increasingly pertinent to nurses and other healthcare professionals. Coaching is about effecting change—a process that is congruent with nursing. According to the Institute of Medicine’s report, *The Future of Nursing: Leading Change, Advancing Health*, nurses are leading the way as health care transitions to a new focus on disease prevention and health promotion. In fact, the American Holistic Nurses Credentialing Corporation (AHNCC) recently developed a new certification exam for “Nurse Coaching” further supporting the role of the nurse in promoting healthy behaviors, lifestyle modification, and quality of life across diverse populations.

An interdisciplinary resource for nurses and other healthcare professionals, “The Wisdom of the Whole: Coaching for Joy, Health, and Success” offers multidimensional coaching tools for helping clients along their personal health journeys. The *American Journal of Nursing* (AJN) calls this book “creative, innovative,...and quite fun to read,” stating that “Nurses in any aspect of the discipline can use coaching skills to enhance practice and promote improved patient outcomes, cultivate leadership skills, and offer realistic models for finding career fulfillment.”

Merging scholarly, theoretical, and practical information, the book provides a tool kit for customizing the use of coaching in one’s practice and also personal life. The integrated framework of the model incorporates powerful tools such as prioritizing, storytelling, imagery, and the use of affirmations to

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enable people to travel forward on a path to their wellness goals. Finding out how sense of purpose can impact motivation or shape an aspiration is also part of the model. It provides ways for coaches and clients to employ intuition and the more subtle aspects of being present to move quickly and easily toward their goals with greater authenticity, often eliminating false starts or wrong turns.

"Wisdom of the Whole: Coaching for Joy, Health, and Success" is a resource for nurses and all people who want to help others lead flourishing, happier lives.

Press copies are available upon request by contacting (602) 425-5201

Print copies may be purchased online at www.createspace.com/3615126

About the Author:

Linda Bark PhD, RN is a Master Certified Coach (International Coach Federation) and a Board Certified Nurse Coach (American Holistic Nurses Certification Corporation) and has more than 20 years of coaching experience in her private practice as well as 15 years of training coaches nationwide. She currently teaches through Bark Coaching Institute, JFK University, and the National Institute of Whole Health. She also offers customized coach training programs for managers, faculty, hospitals, clinics and healthcare organizations. Whether she is leading a medical tour to China or offering a coach training teleclass or playshop, nothing makes her happier than to co-create learning experiences that empower people and help them feel and maintain a sense of ease, fun and fulfillment.

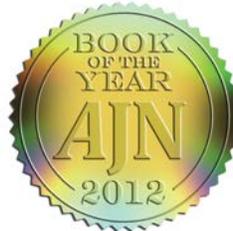
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The Bark Coaching Institute is an innovative learning organization that is based on the emerging holistic and integral perspective. This new worldview focuses on connection, uniqueness and wholeness. It's mission is to educate professionals in a new way of thinking about coaching to achieve greater levels of success and fulfillment. Founder, Linda Bark, and its faculty and staff members, work to establish the holistic/ integral worldview through creative, fun, and evidence-based coaching education for professionals. Bark Coaching Institute's courses are certified through the International Coach Federation (ICF) and are approved for continuing nursing education credit* that can be applied towards the new Nurse Coaching certification exam.

* Nurses may earn up to 60 contact hours with Foundations I, Foundations II A & B, and Practicum I:

"This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's COA."